



Robertson County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Robertson County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Robertson County School System that includes:

- School Health Advisory Committee
- Twenty Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$138,486.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Robertson County Health Council | ➤ AmeriChoice; The Center of Springfield |
| ➤ Robertson County Homeless Committee | ➤ Springfield YMCA |
| ➤ Robertson County Teen Pregnancy Committee | ➤ Departments of Robertson County Board of Education |
| ➤ Bridging the Gap (PLC) | ➤ Family Resource Center |
| ➤ Community Partners Council | ➤ School Nursing |
| ➤ Drug Endangered Child Task Force | ➤ School Nutrition |
| ➤ Truancy Hearing Authority | ➤ Curves for Women |
| ➤ Parent Advisory Committee | ➤ Weight Watchers |
| ➤ Robertson County Health Department; | ➤ Well Child, Inc. |
| ➤ Robertson County University of Tennessee Extension Office | ➤ Rural Health Association of Tennessee |
| ➤ CoverKids | ➤ TAHPRRD |
| ➤ TENNderCare | ➤ Mid-Cumberland Council on Children and Youth |
| ➤ AmeriGroup | ➤ Tennessee School Health Coalition |
| | ➤ CenterStone |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Healthy School Teams, Family Fitness Day, and student health screenings. Currently, 156 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Family Fitness Day. Approximately 16 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Robertson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 4,840 students screened with 2,480 students referred during the 2010-2011 school year;

Students have been seen by a school nurse and returned to class 37,872 times;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In Robertson County Schools 2% of students are underweight, 56% of students are at a healthy weight, and 42% of students are at risk of being overweight;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, curriculum, climbing walls, fitness rooms, playground equipment, training for staff, laptops for student fitness tracking and physical education equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include archery, diabetes treatment, and activities in the academic classroom;

School faculty and staff have received support for their own well-being through Biggest Loser competitions, flu shots, blood pressure and body mass index screenings.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – updated education materials, additional programs, guest speakers, new health curriculum, student health screenings, teacher in-services, materials for principals and teachers on how to incorporate health topics into everyday lessons, coordinated with the Robertson County Health Department to provide numerous sessions on the importance of health for all school aged children, hosted three Family Fitness Day's with booths offering ways to improve their students health, distributed nutrition newsletters monthly for all middle and high school students, and offered a Biggest Loser program for high school students;

- Physical Education/Physical Activity Interventions – updated equipment, purchased playground equipment, hosted four Family Fitness Day's with different events to encourage lifelong fitness, offered in-services for teachers with new and exciting activities for their classroom, and school board policy states that all elementary schools must provide recesses at least once daily;
- Nutrition Interventions – removal of fryers from cafeterias, offering boxed salads, coordinated with the Robertson County Health Department to provide numerous sessions on the importance of good nutrition for all school aged children, distributed nutrition newsletters monthly for all middle and high school students, School Nutrition Program works hard to exceed the health standards of all meals, and all schools met the state nutritional guidelines for both the cafeteria and all vending machines, food is not used as a reward.

In such a short time, CSH in the Robertson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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